

# Bavarian News

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U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt and Garmisch

February 16, 2011

## Discovering balance

**"We're living faster and faster without taking the time to breathe. Yoga helps a person find balance."**

### Garrison creates community of yoga instructors

Story and photos by  
**Molly Hayden**  
*Staff Writer*

VILSECK, Germany — Ask most Soldiers what they think of yoga and the response usually includes images of incense, chanting and mystical gurus from far-away lands sitting cross-legged on the floor.

During a recent training program, however, Soldiers learned the practice is more than stretching and meditation; it can also be physically demanding.

"I came in thinking it was a joke, but after one session I felt great," said Sgt. Miguel Maldonado, the rear detachment noncommissioned officer for 8<sup>th</sup> Squadron, 2<sup>nd</sup> Stryker Cavalry Regiment. "And a little sore," he added.

Maldonado was one of more than 50 participants in a recent training program to become a yoga instructor within the Grafenwoehr military footprint. The program, Yoga 360°, is part of Soldier 360°, a larger comprehensive multidisciplinary military leaders' health and wellness course.

With multiple deployments and post-traumatic stress disorder on the rise, the Army is shifting its focus with these programs to incorporate holistic approaches such as yoga to relieve stress and build physical resiliency for both Soldiers and their families.

The free 40-hour Yoga 360° training course was offered to Soldiers, civilians and family members and was intended to create a community of educators to teach yoga within the Grafenwoehr military community.

While many spouses are now voluntarily instructing within their family readiness groups, Soldiers are changing the look of tradition-



**Soldiers, civilians and family members take to the mat during a weeklong yoga training course.**

al morning physical training, giving warriors a different perspective while striking a Warrior Pose.

Clinical psychologist Maj. Glen Wurglitz facilitated the program along with yoga instructor Carolyn Butcher. Together they touched on both the mental and physical facets that promote a healthy balance in overall wellness.

"The Army is concerned with the physical in addition to the other aspects of the Soldier's life," said Wurglitz. "We're living faster and faster without taking the time to breathe. Yoga helps a person find balance ... and develop a sense of (themselves) in that particular place and time."

Wurglitz explained yoga can reduce combat stress and other trauma-based disorders through

**Yoga instructor Carolyn Butcher aids Sgt. Michael Mattice, Squad Leader for the Warrior Transition Unit, with a shoulder stand during the Yoga 360° course.**

a variety of exercises that go beyond conventional Army physical fitness.

"Rucking and running are not the only two ways we can develop fitness," said Wurglitz. "And what Soldiers found is there's nothing fluff about yoga."

Staff Sgt. Marvin Caban-Acosta, family readiness liaison, 2nd Battalion, 28th Infantry Regiment, 172nd Separate Infantry Brigade, agreed.

"It's a great workout. You build

See YOGA, page 16

## German chancellor visits Garmisch

Story and photo by  
**John Reese**

*USAG Garmisch Public Affairs*

GARMISCH-PARTENKIRCH-EN, Germany — Chancellor Angela Merkel paid a brief visit to Sheridan Kaserne, Feb. 7, en route to the Olympic Ski Stadium here for the opening ceremonies of the International Ski Federation's 2011 World Ski Championships.

The German leader landed in a gleaming blue Polizei Super Puma and was met at the garrison helipad by the U.S. Army Garrison Garmisch Deputy Garrison Manager Thomas Hays, HHC Garmisch 1<sup>st</sup>

See GARMISCH, page 16

### Defender 6 sends

## Net zero benefits all

The Army has a bold vision for managing natural resources on its installations: they will become net zero. That is, as we go about the complex business of living, working and training on installations, our use and production of resources will balance out, so that in the end, we do not overconsume or waste. The most exciting part of the Army Net Zero vision is this: we all have a part to play in achieving it.

When the concept of net zero was first applied to installations, it was in terms of energy. A task force that grew out of a 2008 joint initiative of the Departments of Defense and

See NET ZERO, page 4

## Change is afoot at the pump

by **The Exchange Europe**  
*News Release*

MAINZ-KASTEL, Germany — This month customers will notice important changes at the pump when gas stations around Germany switch to E10 gasoline. All gasoline sold in Germany, including Exchange facilities in Germany, currently contains up to five percent ethanol, also known as "E5" fuel. In compliance with a German law amending the German Federal Pollution Control Act, the Army and Air Force Exchange Service is required to add another type of gasoline to its facilities in Germany. This new formula will be designated as "Super E10," which contains up to 10 percent ethanol.

The Grafenwoehr Shoppette switched to E10 fuel Feb. 9. All other on-post gas stations will follow and should be switched over by the end of the month. Off-post stations are expected to change soon.

While all makes and models of gasoline-fueled automobiles are able to use E5 gasoline, some automobiles can't use E10 gasoline. Customers are asked to check with their car manual or manufacturer to determine

See E10, page 16

## INSIDE

### Hit the slopes

Garmisch is hyped this weekend as alpine athletes at the World Ski Cup Championships battle it out. See page 11.

### Spelling success

Students across Bavaria vie for a chance at the big dance in Washington, D.C. See page 3.

### Tax time

It's not too late to knock out your taxes early. Stop by your local tax center today. See page 14.

## Defeating OTC drug abuse a group effort

Story and photo by  
**Molly Hayden**  
*Staff Writer*

GRAFENWOEHR, Germany — A drug often used to coax coughing teenagers to sleep is now causing many parents to lose sleep — with the possibility of teenage drug abuse lurking in every medicine cabinet.

Dextromethorphan, or DXM, is a common ingredient found in cough suppressants. And while this easily accessible drug may seem harmless, and even helpful, there is a growing concern within the Grafenwoehr military community regarding teenagers abusing DXM products.



In the past year, some Grafenwoehr community adolescents were hospitalized and several others received treatment for abuse or overdose of over-the-counter medications.

Duane Werner, principal of Vilseck

**DXM, a common ingredient in cough suppressants, has potential for abuse. Community organizations are working together to mitigate the issue through outreach and ongoing education programs.**

High School, feels this issue is of major concern for the community.

"We live in a society that promotes drug usage (and) over-the-counter meds are too easily obtainable," said Werner. "Students do not realize the danger as they are legal drugs."

The effect of the drug varies

See DXM, page 16

## Teamwork is a winning combo at Graf

by **USAG Grafenwoehr**  
**Public Affairs**  
*News Release*

GRAFENWOEHR, Germany — The U.S. Army Garrison Grafenwoehr was recently recognized by the Secretary of the Army for having the best environmen-

tal program of a U.S. military installation overseas. This was the third time Grafenwoehr's Environmental Division has received the prestigious award, having been previously recognized in fiscal years 2000 and 2006.

Manfred Rieck, chief of Environmental Division,

who has worked for the garrison for more than 30 years, is well-aware of the factors that contribute to an award-winning program.

"Grafenwoehr is successful because of the cooperation between different organizations within the garrison such as the DOL, DPTMS

and the schools, but also as a result of our external coordination with the forestry office and the county natural resources protection organization," Rieck said. "We also have great command support. Without that support, it would not be possible to run

See SUCCESS, page 16

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## Bavarian News

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Water Tower art by Dane Gray

## Commander's Message



# Maintaining vigilance is key

Gruess Gott! Now that Groundhog's Day has passed, winter has turned the corner. The brief respite we're currently experiencing from the blankets of snow reminded me of our need to remain vigilant, not only with regard to winter safety, but also with respect to physical security.

Last year in August we rolled out the iWatch Program to encourage community members to help protect our neighborhoods by reporting suspicious behavior or anything out of the ordinary. Although we placed great emphasis on getting the word out then, as a community we need to do our best to avoid becoming complacent. I ask that continue to take the time to be aware of your surroundings and protect yourself, your family and our community.

As a reminder, the garrison will conduct its quarterly community Subversion and Espionage Directed against the Army (SAEDA), Security Education Training Awareness (SETA), Operation Security (OPSEC), and Anti-terrorism Level 1 Refresher Training, today and tomorrow, Feb. 16-17, on Main Post and Rose Barracks. See the What's Happening section on page 8 for more details.

### Winter Sports

Vilseck High School's winter sports are wrapping up this month. Don't miss your chance to come out and support the wrestling and basketball teams this weekend. The wrestling team has had a strong showing this year and is poised for the Europeans in Wiesbaden, Feb. 18-19. Wrestling coach Sam Cassou predicts two to four medaling contenders in the tournament. The matches begin Friday, Feb. 18, at 10 a.m. The girls and boys basketball teams will also



Bamberg.

Each team's performance this weekend will determine how they are seeded for the Europeans in Mannheim, Feb. 23-26. For more information, contact the high school at 476-2554.

### Tumbleweeds

Tomorrow, Feb. 17, will mark the grand opening of Tumbleweeds at Rose Barracks. Join us for the ribbon cutting ceremony at 3 p.m. in the new location, Bldg. 227 on Rose Barracks, with free beverages and menu tasting. AFN will broadcast live during the event. The restaurant will boast Southwestern/Tex-Mex food in a unique setting and offers all-you-can-eat baby back ribs every Monday and Thursday. Call DSN 476-3699, CIV 09662-83-3699 for more information.

### Community Huddle

The community is also invited to join us at our monthly Community Huddle, Wednesday, Feb. 24, from 11:30 a.m. to 1 p.m., at the Tower View Restaurant, Main Post Bldg. 209. The Huddle is a monthly meeting for all community members to find out the latest information on programs, initiatives, events, construction updates and other important issues. Garrison directors and subject matter experts will brief topics

play at the Black Forest Academy this weekend, Feb. 18-19, beginning at 4 p.m. The junior varsity boys are still undefeated and the girls' team won its last two games against Wiesbaden and

and answer questions.

### Fasching and fests

Although the closest thing Americans have to Fasching is Mardi Gras or Halloween, our local national friends will be the first to let you know neither celebration even comes close. The "carnival," also called Fasnacht, has pre-Christian roots and was originally designed as a battle with supernatural powers during the spring season to overcome the demons of winter. This is still evident in some of the costumes and the excessive noise that accompanies most of the celebrations. The most famous carnival parades take place on Rosenmontag (Rose Monday – the Monday before Ash Wednesday) and Faschingsdienstag (the Tuesday before Ash Wednesday) in Mainz and Cologne, and feature music and floats from which tons of candy is thrown into the crowds lining the streets.

However, even if you can't make it to Mainz or Cologne, check out some local Fasching flavor, including Vilseck's celebration, which starts Feb. 19, at 8 p.m.; Pressath's parade, Feb. 27, at 2 p.m.; and the Women's Carnival Day in Amberg, March 3. Also, Netzaberg and Grafenwoehr elementary schools will host their Fasching parades March 4 and 8, respectively. For more information on Fasching and other community events, check out the garrison's community newsletter at www.grafenwoehr.armymil.

Thank you for all you do to make Grafenwoehr great!

*Col. Vann Smiley  
Commander, U.S. Army  
Garrison Grafenwoehr*

# Teamwork necessary for success

## Sexual assault contrary to Army's values

U.S. Army Europe teammates, In Iraq and Afghanistan, a Soldier will place himself or herself in danger to protect a comrade in harm's way. We need to apply that same instinct at our home stations and provide aid to a Soldier in the fight against sexual assault.

We have a unique opportunity to build on this culture through our bystander intervention programs and capitalize on this instinct to protect our fellow Soldiers, friends and families from becoming sexual assault victims.

Sexual assault is contrary to Army values, degrades mission readiness, is a crime and has no place in our Army. It tears apart the fabric of trust that bonds our units and communities.

I am very passionate about the Sexual Assault Prevention and Response program. This program reinforces our commitment to ensuring that victims receive quality services and perpetrators are held accountable.

We must continue working as a team to eliminate sexual assault from our ranks. Everyone, not just leaders, Sexual Assault Response coordinators and victim advocates, has a responsibility to rid the Army of this crime.

It's important that we keep our focus on prevention. Our team must have an ingrained, values-based "gut reaction" against sexual assaults, sexually offensive language, comments and gestures that may create an environment of abuse. This reaction must compel all to act immediately to prevent a potential assault.

Our goal is elimination of sexual assault but until that happens we will continue treating victims with dignity and respect and providing quality care.

Sexual assault is contrary to Army values and we won't quit until it's gone from our ranks.

*Carter F. Ham  
Commanding General,  
U.S. Army Europe*

# ASAP seeks to end family tradition

## Children of Alcoholics Week is Feb. 13-19

**by Irma Vasquez**  
*USAG Grafenwoehr*

Childhood can and should be a time of wonder and discovery. But for children of alcoholic parents, life often is filled with shame, suffering and fear. Perhaps the most troubling, however, is the fact that children of alcoholics (COAs) are two to four times more

likely to become problem drinkers and continue the addictive practices of their parents. These children may find themselves trapped by the same disease that affects their parents unless there is outside intervention from caring adults.

Let's put an end to an old family tradition. The fact is that alcoholism tends to run in families, and letting children of alcoholics know that they are not alone, that it is not their fault, and that others are available to help them can help break the cycle of family addiction.

The Adolescent Substance Abuse Counseling Services (ASACS) representatives are available to assist in the prevention of teen involvement with alcohol and other drugs. Some of the services provided include comprehensive screenings, assessments and individual, group and family counseling.

Counselors for ASACS are located and available at Hohenfels High School, Netzaberg Middle School and Vilseck High School

DSN 476-2117/2119.

In addition, there are various supporting resources available at your local ASAP office. For more information contact Irma Vasquez, ASAP Grafenwoehr, DSN 475-8520; Patricia Tooson, ASAP Vilseck/Hohenfels, DSN 476-2498; or Nancy Nolin, ASACS Clinical Supervisor-Bavarian Region, DSN 475-8930.

*Editor's Note: Irma Vasquez is a prevention coordinator for Grafenwoehr's Army Substance Abuse Program.*

# Soldiers pay for their offenses at recent courts-martial

**by JMTC Office  
of the Staff Judge Advocate**  
*News Release*

At a special court-martial convened in Vilseck, Germany, Jan. 27, Spc. Dimitriy V. Rassolko, 4th Squadron (R)(P), 2nd Stryker Cavalry Regiment (R)(P), was found guilty, contrary to his pleas, of one specification of leaving place of duty in violation of Article 86, UCMJ, one specification of disrespecting a superior commissioned officer in violation of Article 89, UCMJ, one specification of disrespecting a noncommissioned officer in violation of Article 91, UCMJ, and one specification of assault consummated by a battery in violation of Article 128, UCMJ.

Rassolko was found not guilty, in accordance with his pleas, of one specification of absence without leave in violation of Article 86, UCMJ, and one specification of communicating a threat in violation of Article 134, UCMJ. He was reduced to the grade of private (E-1), to forfeit \$978 pay per month for two months, and to be confined for a period of 60 days.

### Robbery

At a general court-martial convened in Vilseck, Germany, from Jan. 19-20,

Sgt. Jose J. Alvarez, 3rd Squadron (R)(P), 2nd Stryker Cavalry Regiment (R)(P), was found guilty, contrary to his plea, of one specification of robbery in violation of Article 122, UCMJ.

An enlisted panel sentenced Alvarez to be reprimanded, reduced to the grade of private first class (E-3), restricted for 60 days, and perform hard labor without confinement for 60 days.

### Sexual contact

At a general court-martial convened in Bamberg, Germany, Jan. 13, Spc. Jason A. Andrews, 317th Maintenance Company, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, was found guilty, in accordance with his pleas, of two specifications of wrongful sexual contact in violation of Article 120, UCMJ, and one specification of unlawful entry in violation of Article 134, UCMJ. The military judge sentenced Andrews to be reduced to the grade of private (E-1), to be confined for a period of six months, and to be discharged from the service with a bad-conduct discharge.

### Child pornography

At a general court-martial convened in Schweinfurt, Germany, Jan. 12, Pfc. Kenneth A. McCall, Headquar-

ters and Headquarters Company, 9th Engineer Battalion, was found guilty, in accordance with his pleas, of four specifications of wrongful possession of child pornography in violation of Article 134, UCMJ. The military judge sentenced McCall to be reduced to the grade of private (E-1), to forfeit all pay and allowances, to be confined for a period of 18 months, and to be discharged from the service with a bad-conduct discharge. In accordance with his pretrial agreement, McCall will serve 15 months in confinement.

### Not guilty

At a special court-martial convened in Vilseck, Germany, from Jan. 6-7, Staff Sgt. Nicholas D. Harvey, Fires Squadron (R)(P), 2nd Stryker Cavalry Regiment (R)(P), was found not guilty, in accordance with his pleas, of one specification of leaving his place of duty in violation of Article 86, UCMJ, and one specification of failure to obey a lawful order in violation of Article 92, UCMJ.

### Cocaine distribution

At a special court-martial convened in Schweinfurt, Germany, Jan. 5, Spc. Angel L. Caceres, A Co., 172nd Support Battalion, 172nd Infantry Brigade,

was found guilty, in accordance with his pleas, of one specification of distribution of cocaine on divers occasions in violation of Article 112a, UCMJ, and one specification of wrongful introduction of a controlled substance onto an installation controlled by the armed forces in violation of Article 112a, UCMJ. The military judge sentenced Caceres to be confined for seven months and to be discharged from the service with a bad-conduct discharge.

### Sexual assault

At a general court-martial convened in Vilseck, Germany, Dec. 21, Pfc. Claro B. Rockwell, U. S. Army Dental Activity Bavaria, was found guilty, in accordance with his pleas, of three specifications of Article 120, UCMJ, for aggravated sexual assault of a child under 16 years, indecent liberties with a child under 16 years, and abusive sexual contact with a child under 16 years, and of one specification of Article 125, UCMJ, for committing sodomy with a child under 16 years.

The military judge sentenced Rockwell to be confined for 24 months and to be discharged from the service with a bad-conduct discharge.

In accordance with his pretrial agreement, he will serve 18 months.



# Middle school nurse brings nutrition to lunch

Story and photo by  
**Charles Stadtlander**  
*USAG Schweinfurt Public Affairs*

SCHWEINFURT, Germany — When Heather Salyars arrived in Schweinfurt in 2009 as the middle school’s nurse and nutritionist, she immediately noticed an urgent problem: the food that students were eating every day was largely composed of sugar, fat and empty calories. One of her first goals here was to enact change in what’s known as the school district’s wellness policy, which dictates what is sold in the cafeteria and sets guidelines for healthy attitudes and knowledge in the student population.

“You get one body,” said Salyars. “Kids should understand that they need to start taking care of it now.”

Within a few short months, Salyars helped to front the school lunch committee, a group aimed at curbing the unhealthy offerings in the cafeteria and educating students. “I wanted to empower the students with the knowledge to make better choices.”

Sandy Erb, a wellness counselor for Women, Infants and Children, was part of the change-making group. “Everyone on the committee was dedicated to getting the menus changed,” said Erb. “Some kids do not receive healthy food or food messages at home. At least they can receive them at school.”

This initial committee gave way to a Bavariawide wellness committee that convened in October 2010, drawing personnel from several of Germany’s Department of Defense Depen-

**“You get one body. Kids should understand that they need to start taking care of it now.”**

**Heather Salyars**  
Nurse and Nutritionist,  
Schweinfurt Middle School

dents Schools, or DoDDS. Salyars sat on this board as well, which she said was a dynamic group committed to bettering students’ health.

Shaking off the ambiguity of the old guidelines, the forward-thinking team of nutritionists, medical professionals and fitness experts came up with a Bavariawide wellness policy that defines mealtime schedules, nutritional education, food marketing, physical activity mandates, school oversight and communication with parents.

The only resistance along the way came from the food supplier to the schools, who has a vested interest in students’ daily purchase of high-markup a la carte items like slices of pizza, cookies and bottles of PowerAde. Salyars said the tough part of the push for the wellness policy was convincing the vendor that the profitable items don’t have to be unhealthy.



**Students enjoy a healthy lunch at Schweinfurt Middle School. Due to the hard work of Heather Salyars, the school nurse and nutritionist, the cafeteria now offers a healthier menu. Soda and sweet snacks are gone and have been replaced by fresh fruits and vegetables.**

“It’s all about choices,” she said. “You don’t have to sell soda and sugary drinks. You can have bottles of water, chocolate milk and 100 percent juice. You can have a cookie; just don’t have a lot of them. You don’t have to take away all the fun.”

Salyars received support from the Schweinfurt command. Garrison Commander Lt. Col. Everett Spain and his deputy Glenn Wait supported Salyars’ quest from the start.

“This has been a communitywide initiative,” she said.

Fully enacted over the holiday school break, the new lunches have

taken off among students. Low-fat cheese and whole wheat items appear alongside fresh vegetables. Spinach tortilla wraps and parfaits of fruit and yogurt are becoming sought-after items among the students.

“There needs to be more healthy stuff here,” said Emma Jacobs, a seventh-grader. “Especially in winter when we don’t get to go outside and be active.”

Salyars educates the children during lunchtime, discussing the importance of calorie awareness and aiming for low amounts of fat and sugar. The knowledge seems to be sticking.

“Look how many calories are in this milk,” said Kenny Agbonkheshe, a sixth-grader. Kenny said he started looking at food labels for nutrition information after he learned about it at school, and now instructs his parents when they take him shopping at the Commissary. “I look for how many calories, nutrients and vitamins are in the food,” he said.

Daniel Jones, director of Child, Youth & School Services here echoes the sentiment of removing sports drinks from children’s diets.

“The kids need to understand that these drinks are made for professional athletes.”

The biggest growing concern for him is when his students drink caffeine-packed energy drinks, something nobody needs, in his opinion, least of all children whose bodies and metabolism are still developing.

Daniel Jones, Sandy Erb and Heather Salyars all agree that the key to children’s nutrition education lies in what habits they develop at home. Jones can discourage children from drinking PowerAde, but he can’t stop parents from sending their kids to basketball practice with a bottle of it. And Salyars can fight to make sure her students eat a healthy lunch, but she doesn’t control their breakfast and dinner.

She hopes the information she’s giving them will impart lifestyle changes.

“I want them to go home with this information. Teach their mom and dad, tell their brothers and sisters. Tell them about good choices. It’s all about choices.”

## Verbal gladiators advance in spelling bee

by **Charles Stadtlander**  
and **Nathan Van Schaik**  
*USAG Schweinfurt Public Affairs*

SCHWEINFURT, Germany — The students of the middle and elementary schools here certainly showed off a broad vocabulary during the annual spelling bees in their respective school auditoria, Jan. 25, but knowing the words is only half the battle in these tense, hard-fought competitions. With hundreds of their classmates, parents and teachers looking on, the spelling bee contestants win and lose based on their confidence and composure under the nerve-racking spotlight.

The first showdown of the day was at the elementary school, where a group of 22 students from third, fourth and fifth grades squared off. Plowing successfully through such tricky words as “concomitant,” “ululate,” “duodenum” and “xanthic,” the field remained strong through several rounds, shedding only a few contenders.

Eventually, only two verbal gladiators remained standing. The final two spellers sparred for 22 grueling rounds before a victor emerged. In the end, Aiyanna-Jizelle Ordillas, a fifth-grader, was crowned the elementary champion over Frankie Manglona-Angel, who is in the fourth grade.

Eighteen spelling bee contestants competed in the Schweinfurt Middle School spelling bee. Justin Bulanadi, a seventh-grader, took gold this year while eighth-grader Rowen Alexander was the runner-up.



*Photo by Nathan Van Schaik*

In past competitions, former SES and SMS student Heather Miska dominated the playing field, having taken the crown four consecutive years in a reign spanning from her time at the elementary school to her tenure at the middle school. In her absence, new talent has emerged and reinvigorated the competition.

Last year, Faith Flynn won the SES spelling bee making her a heavy favorite at this year’s SMS showdown. But a questionable call eliminated her in the first round when she misspelled the word “breadth” confusing it instead with the air inhaled and exhaled in breathing — even though the announcer provided the correct definition. The judges considered challenging the call, but stuck with the original decision on grounds that a definition should have clarified any confusion.

Competition intensified and by round seven the pool of spellers had been whittled down to two. When Alexander misspelled “millennium,” Bulanadi followed up cor-

**Justin Bulanadi, left, triumphed over Rowen Alexander in the Schweinfurt Middle School Spelling Bee, Jan. 25, held concurrently with a bee at Schweinfurt Elementary School. The two victors from the showdowns will head to Ramstein in March for a Europewide competition, and the winner will compete in the Scripps National Spelling Bee this summer in Washington, D.C.**

rectly with “impudent” and then hammered the nail in the coffin with a correct spelling of “incendiary.”

Since Christmas, all of the competitors have worked arduously at honing their spelling skills, according to Darlen Edgar, the spelling bee advisor and a language arts teacher at the middle school. “We worked three times a week during lunch and during their study hall hour,” she said.

Aiyanna-Jizelle Ordillas and Justin Bulanadi will advance to the DoDDS-Europe spelling bee at Ramstein Elementary School, March 12. There, competition will be consolidated to third through eighth grades where both the champion and runner-up qualify for participation in the Scripps National Spelling Bee near Washington, D.C.

The National Spelling Bee is the nation’s largest and longest-running educational promotion, administered on a not-for-profit basis by the E.W. Scripps Company, according to the bee’s website.



## Above and bee-yond

*Photo by Erica Hansen*

**GARMISCH-PARTENKIRCHEN, Germany — Garmisch Elementary/Middle School students grades 3-8 participated in the first rounds of the Stars & Stripes/Euro-pean PTA Spelling Bee, Jan. 27. From left are Principal Debbie ‘Worker Bee’ Strong, runner-up Kasia O’Conner, Charlyn Moss, 3<sup>rd</sup> place James Adaryukov, kindergarten teacher Jamie ‘Queen Bee’ Wert and her helper, Katie ‘Baby Bee’ Weddle. Moss, who placed first, will advance to the next round at Ramstein Elementary, March 12. The winner from that competition goes on to Washington, D.C., to participate in the big one, June 1-2.**

## European rifle champs head stateside

by **Mark Iacampo**  
*USAG Hohenfels Public Affairs*

HOHENFELS, Germany — Fresh off their victory at the 2011 DODDS-Europe marksmanship championship in Baumholder last month, the Hohenfels Tigers head to the U.S. this week to compete in the 2011 Army JROTC (Junior Reserve Officer Training Corps) Service Championships in Anniston, Ala., Feb. 18-19.

Of the 64 teams that compete across the nation, the top 16 are eligible for the championships. The Tigers are seeded fifth, but as European champs, as well as the Eastern Conference champs, they are aiming high.

“We are so excited,” said Erin Redden, team co-captain, about their recent victory. “This only boosts up our confidence even more.”

Hohenfels has had a spectacular year. While maintaining their 15-season streak as Eastern Conference champions, they lost only one match in this year. At the recent European championships, four of the day’s top 10 shooters were Tigers.

“It’s great when the smallest school in the competition can win over the big schools,” said coach Bruce Andrews.

Redden and fellow Tiger Keyera Howard led the team at the European’s, with matching scores of 276. Hohenfels took the title with a team

score of 1374, besting Vilseck by 17 points, and leaving early favorite Patch in third.

With their sights now set on the Service Championships, Redden is hoping to draw on her previous experience at the stateside championships to help the team.

“I was fortunate enough to go last year with three seniors, and that was just a complete learning experience for me,” she said. “You walk in and you’re just like, oh my gosh! I mean, the range is 80 lanes on each side! I’m really excited to go this year now that I have more experience under my belt. I feel more prepared. I know what to expect and how everything’s done.”



*Photo by Bruce Andrews*

The two day competition involves shooters firing from three positions, kneeling, prone and standing. Each team fields four shooters, and the lowest score is discarded. While a normal meet comprises 10 shots in

each position, the championship requires 20. Then, they repeat the process on the second day.

Andrews said after learning the mechanics, 90 percent of See RIFLE, page 14





The Soldiers of 3rd Platoon, A Company, 2-28th Infantry, Task Force 3-66, train for the full spectrum of counterinsurgency operations typical of Afghanistan. The 172nd Separate Infantry Brigade is training for its deployment this summer.

# TF 3-66 prepares for Afghanistan

Story and photo by  
**Maj. Joseph P. Buccino**  
*172nd Infantry Brigade Public Affairs*

GRAFENWOEHR, Germany — The rifle platoon receives its mission: conduct a motorized movement to a local village. The platoon is to conduct an assessment of the village’s basic requirements while the platoon leader meets with the mayor. However, en route to the village, the platoon is attacked with direct fire. Nonkinetic operations become kinetic and a motorized patrol becomes dismounted as the men of 3rd Platoon, A Company, 2-28th Infantry, Task Force 3-66, are faced with the full spectrum of counterinsurgency operations typical of Afghanistan. Remounting, moving, dismount-

ing, communicating, coordinating route clearance and controlling fires; the platoon uses all assets available to violently close with and defeat the enemy. Finally, the platoon assaults through the objective, reaches its limit of advance, remounts its vehicles and moves back to its combat outpost. While this operation occurred in training in Grafenwoehr, it is preparing the men of TF 3-66 to perform their mission in Afghanistan. “Because of this training,” said Spc. Jason Morales, combat engineer and Bravo team leader, 3rd Platoon, “we are going to be ready to fight downrange. The training is grueling, but it is absolutely crucial for our readiness.” Capt. Dave Brunais, commander, A. Co., 2-28 Inf., explained that all

three platoons conducted this tactical platoon lane, with the live fire serving as the capstone event. “We conducted our small arms density,” Brunais said, “then each platoon conducted dry, and blank iterations on this lane.” This month’s intense training serves as a culmination for Brunais, who turns the company over to Capt. Jim Perkins next month. Brunais, widely considered one of the most talented leaders in the brigade, hands off a team of disciplined warriors prepared for the challenges of Afghanistan. 1st Lt. Kyle Wolfley, rifle platoon leader for 1st Platoon, was impressed with the versatility of this week’s exercise. “This event has a lot of training opportunities to offer,” Wolfley said. “To include the transition from

mounted to dismounted operations, operating in the human terrain and working with combat engineers.” Wolfley explained that many of the younger Soldiers had not conducted such an intense, multifaceted platoon lane prior to this week’s training. “This is something new for a lot of our guys and we have had to learn as we went along,” Wolfley said. Despite the intensity of the training schedule, the Soldiers know this is important. “I would love to be with my wife, but I understand that the mission comes first and this training is absolutely necessary,” said Morales. Home is indeed where Morales and his brothers will be as they rest Super Bowl weekend prior to once again deploying to the field.

# MPs to receive new level of force protection

Ansbach MPs first to certify in Europe with pepper spray

by **Ronald H. Toland Jr.**  
*USAG Ansbach Public Affairs*

ANSBACH, Germany — The Ansbach military police force is the first in U.S. Army Europe to be certified to use pepper spray. The unit achieved this following training last month at Bismark Kaserne when 38 MPs experienced the effects of pepper spray. “We are certifying the Ansbach MP platoons in Oleoresin Capsicum (OC) spray — the pepper spray they carry on their belts,” said Sgt. 1st Class JonLantz Elliott, senior law enforcement advisor, Office of the Provost Marshal USAREUR, Law Enforcement Branch who is responsible for all USAREUR MP training. “This is another level of defense for them while they are out on duty and the training was authorized in June 2010 by the USA-REUR G-3. We had to order it and then present it to the German government to make sure it meets their specifications,” said Elliott. The spray is one of the levels of force patrolling Soldiers use. “In the use of force, when they show up on the scene (the lowest level) and get out of their car, they have different levels of force besides their side arm, which is the highest level. So we need levels in between that,” explained Elliott. According to Master Sgt. Delbert French, provost sergeant at the USAG Ansbach Provost Marshall’s Office, the Army has eight levels of force. The levels are: verbal persuasion; unarmed defense techniques (hands-on force); aerosol irritant projectors: pepper spray, which is expected to be in use sometime this year; taser (not available for use



Photo by Bob McElroy

**Spc. Michael McNeill receives pepper spray “training” from Sgt. Miles Seekford, recently. McNeill, Seekford and 36 other MPs participated in the training.** in USAREUR); MP club; military working dogs (only used on a U.S. military installations); presentation of deadly force capability and deadly force. “It is another step they can use,” said Elliott. “The Soldiers go through this training so they know that what they are carrying on their hip, when they spray a subject, they know how they are going to react — they know exactly how it is. This builds confidence in their tool and gains compliance of that person.” According to French, the spray had to be approved through USAREUR and German authorities as a use of defense, and each garrison coordinated training with USAREUR up to 40 people a day.

“This will enhance our ability to have several different levels of force before we have to use deadly force,” he said. “It increases our ability to better police the public,” said French. The patrolmen agreed; before they can use the pepper spray, MPs must experience it firsthand. “I think it is an encouraging experience, especially for these new guys who have never been sprayed,” said MP Spc. Roger Henson. “It definitely gives them a closer insight of what they’re feeling and how to use it, when it comes time, in the situation as a patrolman.” But he has had the experience before. “This is actually the fifth time I have done this,” he said. “I feel fine.” Henson said that the spray immediately burns the eyes and skin and is definitely an intense sensation. He offered some advice to his fellow patrolmen. “The best thing to do is blink your eyes, keep your hands away from your face — to keep from contaminating your hands and other parts of your body — and just let the air cool it down,” he said. Henson believes there is less crime in Germany than in the U.S. and the training will be beneficial when they return home. “Law enforcement is always changing,” he said. “I and the company believe that this training is very vital to our mission in the Army; that way everyone will experience it and know exactly how to use this come time when we confront maybe that violent individual that’s over here. “There have been times over here where we have needed to use this,” he said. “I recall an incident just last week where we apprehended an individual that was literally so intoxicated, that he ended up kicking out one of the windshields of the patrol vehicle. This obviously would have helped us subdue the individual,” he said.

# Net zero a critical resource issue

Continued from page 1  
Energy studied the possibility of net zero energy installations, or installations that produce as much energy on site as they use over the course of a year. Army Net Zero goes beyond energy to also include water and waste. Everyone has a role to play in managing our resources. Maybe it seems like a smaller role — turning out the lights, adjusting the thermostat, or separating out recyclables at home. Maybe it’s a more direct role, such as running an installation waste management

program or writing enhanced use leases or energy savings performance contracts. Regardless, every effort adds up, and what it adds up to is important, our future. Energy efficiency and security is a critical issue for the Army. The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, civilians and families on installations worldwide. To the extent that the supply and distribution of energy lay outside the Army’s control, the abil-

ity to accomplish our mission is open to risk. The same can be said of water, or practically any of our resources. If the Army is to accomplish its mission in the future, if we want to be good neighbors to those outside our gates and to leave a healthy world for our children and grandchildren, then we have to start operating sustainably today. It is the right thing to do.

*Lt. Gen. Rick Lynch  
Commander, Installation  
Management Command*

## Medevac moment

GRAFENWOEHR, Germany — Sgt. Stephen Hicks and Spc. Austin Burnham, medics with Headquarters and Headquarters Company, 16th Special Troops Battalion, 16th Sustainment Brigade, carry a simulated casualty to a medevac helicopter during a field training exercise, Jan. 30.



Photo by 1st Lt. Edward Perrin

# 1-91st Cav. passes the torch

by **Nathan Van Schaik**  
*USAG Schweinfurt Public Affairs*

SCHWEINFURT, Germany — On a backwoods trail, the conversation among the seasoned Soldiers on the topic of training was filled with tall tales and nuggets of advice: “One time, a couple months back ...” and “Oh man, you gotta try this ...” As senior leaders from 1st Squadron, 91st Cavalry Regiment, stationed in Schweinfurt make preparations to transition out of the unit, others are stepping up to fill the roles. And nowhere was the proverbial passing of the torch more prevalent than when 1-91st leadership and officials with the Schweinfurt training support center convened here, Jan. 26, on garrison training grounds. William Tackling, chief of the Schweinfurt Training Support Center and 1-91st commander Lt. Col. Paul Fellingner teamed up to familiarize new personnel with the resources at their disposal — a luxury their parent brigade does not enjoy. The 1-91st is part of the 173rd Brigade Combat Team (Airborne) headquartered out of Vicenza, Italy. “Our objective was to ensure 1-91 leadership is aware of all training facilities available to them coming out of the box and having come back from Afghanistan,” Tackling said. Incoming and outgoing Soldiers were given a tour of Schweinfurt’s vast array of training facilities — a virtual playground for those prepping for future deployments in a combat theater. Experienced 1-91st Soldiers privy to the Schweinfurt training amenities passed on their knowledge to the new ones.

The 1-91st returned this past fall from a one-year deployment to Afghanistan where their mission involved securing the populace and expanding governance. It now enters a reset phase focused on the repair and replacement of equipment as well as personnel turnover and schooling. “Our goal for coming out here is twofold,” said Lt. Col. Fellingner. “With the new commanders I want to show them the training facilities available in Schweinfurt. I also want to take senior leadership as they transition out and allow them to share and transfer their experiences with the new leaders.” “We are amazingly blessed,” said Maj. John Williams, the chief operations officer. “You can spend a whole week training here. We can work medevac and IED lanes. The guys in Vicenza don’t have that, but we have it in our backyard.” Beyond the more than 6,100 acres of open area of training grounds, known as LTA Pfaendhausen, troopers with the 1-91st sang high praises of Tackling and his training center crew. Once, when Tackling and his TSC crew were constructing a mock cemetery for the 1-91st, Williams gave him a handful of photos taken of structural layouts of Afghanistan. The TSC team incorporated the photos into the urban training grounds to better emulate the Afghan surroundings. “They’re very accommodating,” Williams said of the staff at the Schweinfurt training center.



# 1-4th leaves a legacy of teamwork



Soldiers from C Company, 1st Battalion, 4th Infantry Regiment, traverse a stream during a foot patrol in Afghanistan's Zabul Province.

Photo by Spc. Alan Grenier

by Sgt. Jerry Wilson  
*2SCR Public Affairs*

ZABUL, Afghanistan — After four years of continuous six-month deployments, the Soldiers of 1st Battalion, 4th Infantry Regiment, concluded their mission in Afghanistan. As the 1-4th Inf. Regt. refocuses its effort on its main role as opposing forces for units preparing to deploy at the Joint Multinational Readiness Center in Hohenfels, Germany, their Romanian brothers from Zabul have taken a stronger, more active lead in the overall mission in Afghanistan.

According to Lt. Col Eliud Diaz, Task Force Hawk deputy commander, the partnership started in 2006 as a battalion-size Romanian task force with a company-size U.S. contingent. Over time, the 1-4th Inf. Regt. increased its role and added more staff personnel and enablers.

"This mission over the span of the last four years has greatly increased the capabilities of our Romanian counterparts," Diaz said. "It has encouraged them on a larger strategic level to the point where they were willing to commit more forces to the mission."

"It has been a pleasure for us to share in this experience with the Romanians," Diaz said. "They have come a long way in their ability to operate independently."

The Romanian forces have taken on a larger leadership role within the ISAF mission, with one Romanian battalion serving as the main effort for ISAF forces in Zabul

Province. In fact, Romanian forces are the only NATO to force to double their contribution to the war in Afghanistan by adding another infantry battalion to their rotations over the past few years. Romanian forces have developed four Operational Mentor and Liaison Teams that are currently working alongside the Afghan National Army forces to ensure security for the Afghan people. These OMLTs teach, coach, mentor and provide support to develop a self-sufficient and professional ANA force. Much of this increased independence can be attributed to the partnership with the Soldiers of 1-4th Inf. Regt.

Diaz said that when it comes to his troops and the Romanian forces there really is no delineation. From the beginning, 1-4th Inf. Regt. platoons have operated alongside Romanian forces sharing command and control over each mission. Diaz also said one of the greatest accomplishments 1-4th Inf. Regt. has achieved is the relationship that has been forged between U.S. and Romanian forces.

"I want them (1-4th Soldiers) to leave here knowing they were part of something special," Diaz said. "That their contribution has greatly enabled their partners; not only the Romanians but also the Afghans."

It's this legacy of cooperation and teamwork left behind by the Soldiers of 1-4th Inf. Regt. that Diaz hopes is remembered. It is this concept of partnership Diaz knows his Soldiers will embrace and encourage in others as they grow to become leaders and throughout their military careers.



Courtesy photo

**Regimental Command Sgt. Maj. Mark Morris, 2SCR, visits with a wounded Dragoon during his recent visit to Landstuhl Regional Medical Center.**

## Wounded warriors are not forgotten

by Sgt. Jerry Wilson  
*2SCR Public Affairs*

ZABUL, Afghanistan — It has been a long-standing philosophy within the 2nd Stryker Cavalry Regiment that once a Soldier is a Dragoon he or she is a Dragoon for life. The regiment considers members of the team more than just co-workers — they are family. This is why concern for their welfare doesn't stop when they are taken out of the fight by illness or injury.

Recently Regimental Command Sgt. Maj. Mark Morris visited with some of 2SCR's wounded warriors at Landstuhl Regional Medical Center in Germany and Walter Reed Army Medical Center in Washington to check on their progress. Morris spent three days in Landstuhl where he visited 2SCR Soldiers who were recovering there and had the chance to meet with a group of wounded warriors from 3rd Squadron.

"They were involved in an IED blast just before I departed for this trip," Morris said. "All of them were in excellent spirits. It was a great opportunity to spend some time with them and recognize these outstanding warriors."

Morris said he very proud of the work being done by all the Soldiers of 2SCR in Afghanistan. Being able to visit with those who were injured in the line of duty was a very rewarding experience. He could not begin to describe the level of commitment 2SCR troopers have shown towards their mission of peace and stability.

"They have been performing phenomenally in combat operations," Morris said. "This was my opportunity to take a moment to say thank you and give back some of the support they freely have given to the regiment on a daily basis."

Morris said he admires the strength and courage these Soldiers have shown on their road to recovery.

"I can't say enough about these magnificent warriors," he continued. "You would not believe some of the battles these Dragoons are fighting daily. The resiliency of these Soldiers is truly enough to take your breath away."

Morris said his most memorable visit of the trip was at Walter Reed with Pfc. Vital Boisset of 3rd Squadron. Morris was present when Boisset was brought to the hospital on Kandahar Air Field after being injured by an IED strike. Morris said he was truly astounded by the miraculous recovery made by this young Soldier.

"When I saw him this time," Morris explained, "he was walking, just received his driver's license and was preparing to go on Christmas leave with his wife. ... To see him walking around and in such good spirits was truly uplifting."

Morris said he has nothing but admiration not only for these warriors but the medical professionals and volunteers helping them on their road to recovery.

"I wish God would bless me with half the courage and fortitude of these young troopers," Morris said.

## Engineers help Afghans build for future

by 2nd Lts. Michael Chigbrow  
and Brittany Clark

*54th Engineer Battalion, Task Force Dolch*

LOGAR PROVINCE, Afghanistan — An old proverb states: "If you give a man a fish, you feed him for a day. If you teach him how to fish, you feed him for a lifetime."

The U.S. Army Corps of Engineers (USACE) in Afghanistan Engineer District-North has taken this saying to heart and is determined to help establish technical and vocational schools throughout Logar Province to provide fruitful skills to the Afghan people.

Soldiers of the 54th Engineer Battalion partnered with USACE personnel on a four-day mission, Jan. 22-25, to visit the Logar provincial governor and several district subgovernors to discuss local support for these schools in an effort to provide Afghans with technical training. Areas of concentration included welding, masonry, carpentry and electrical work. By establishing these trade schools, USACE will also increase the number of skilled laborers available for hire on future projects.

USACE has many goals for capacity development in Afghanistan over the next four years. They will provide plans and funding for countless projects throughout the country.

In an effort to collaborate with the local population and instill a sense of ownership in the projects, USACE plans to build these schools, train the local population and hire them for the construction of other projects. Additionally, Afghans will benefit from their newly acquired skills, as they can use them in the future.

"The purpose is sustainability," said Marie Hu-



Photo by 2nd Lt. Michael Chigbrow

**Khoshi District Subgovernor Bismillah Koshiwal and Marie Huber, district chief of capacity development for U.S. Army Corps of Engineers in Afghanistan Engineer District-North, meet in Koshiwal's office to review a letter of support for trade and vocational schools that will be built within the Khoshi District of Logar Province.**

ber, branch chief of capacity development for the U.S. Army Corps of Engineers in Afghanistan Engineer District-North. "If we are putting in billions of dollars of construction, we would prefer that it not turn to rust when we leave."

By having the Afghans involved in the entire process, USACE believes they will be able to maintain and upkeep the finished product.

Soldiers assigned to Headquarters and Headquarters Company, 54th Eng. Bn. escorted USACE personnel and key civilians to the meetings and

the proposed construction sites. These Soldiers are normally confined to supporting the battalion's other companies from inside the wires of Forward Operating Base Shank. They thoroughly enjoyed the opportunity to practice the skills they learned at basic and Advanced Individual Training.

"I liked interacting with the people and handing candy and water to the kids," said Spc. Tavarus Durgin, HHC, 54th Engr. Bn. "It was nice to actually get out and do some of this stuff that I had seen on TV."

The purpose of these meetings was to ensure the local government would support the proposed schools. Additionally, USACE wanted to gather input from local leaders as to the types of skills the trade schools should emphasize.

"Agriculture and auto mechanic courses would be good for the future," suggested Khoshi District Subgovernor (DSG) Bismillah Koshiwal. The design of the schools must also allow for the curriculum to change as labor needs of the region change.

"We want to make certain that when we construct the school, that it is flexible to accommodate any training that may be used in the future," said Huber.

Logar Provincial Governor Atiqullah Lodin likes the work the Corps of Engineers has done so far and is glad they are willing to help build these types of trade schools in his district.

"I really appreciate the programs for this province. If a person is jobless, they can go to a vocational school and get the skills to get a good job," said Lodin.

As of Jan. 25, Lodin, Koshiwal and DSGs Mohammad Rahin Amin and Abdul Hamid have all signed letters of support for trade schools to be built and staffed in their areas.

## ANA develops repair skills

by Sgt. Jerry Wilson  
*2SCR Public Affairs*

ZABUL, Afghanistan — Recently, 21 Soldiers from the Afghan National Army spent five days learning the skills they will need to help keep energy flowing to the peace-keeping efforts of their homeland.

Troopers from the 2nd Stryker Cavalry Regimental Support Squadron spent a week training their Afghan counterparts in the generator maintenance and repair skills that are crucial as the ANA continue its transformation into an independent force.

Soldiers were taught the basics of component recognition on generators ranging from the small two-kilowatt gas powered models to the larger diesel models. Students were instructed in the proper procedures required to perform preventative maintenance checks and

service on each generator model.

As the week progressed, students moved into more complicated procedures such as how to disassemble and reassemble each component. As the students tore apart the generators, they were given a more detailed description of each piece as well as its function.

According to Sgt. Dern Lennard, one of the instructors, teaching the course was a very exciting and memorable experience.

"Many of the students learned very quickly and others needed a little extra attention," Lennard said. "This class gave the ANA Soldiers the ability to maintain their own equipment, therefore making them more self-sufficient."

Despite some obstacles such as not being able to obtain some of the parts for the older ANA generators and the language barrier, Lennard said that all in all the class was a rousing success.



### Turn it in

**Soldiers: if you have excess gear lying around, contact your local Central Issue Facility to turn it in. For Rose Barracks and Grafenwoehr, call 476-2375/6.**





## AFAP bound, second time around

**GARMISCH-PARTENKIRCHEN, Germany — Sarah Matthews (left) is presented with the Volunteer of the Quarter plaque by Army Community Service director Doris Tyler during a Feb. 1 ceremony at the Garmisch Elementary / Middle School Awards. For a second time, Matthews will represent Garmisch at the 2011 Army Family Action Plan Conference.**

Photo by Kelley Smith

## Marshall Center ski team slides to 2nd place in Kaltenbrunn

by Jason Tudor  
*Special to the Bavarian News*

**GARMISCH-PARTENKIRCHEN, Germany —** A cross-country skiing team made up of Marshall Center members took second place honors during a competition in Kaltenbrunn, Germany, Jan. 22.

The 36th annual event conducted by the Kameradenkreis der Gebirgstruppe, or International Federation of Mountain Soldiers, saw Randy Karpinen and Germany army Lt. Cols. Jan Kars and Konrad Lau compete in the free-style class.

The Marshall Center team was assigned to Class 4, which included men aged 41-50. The threesome performed four laps totaling 10 kilometers around the 2.5 kilometer course at Kaltenbrunn's cross-country skiing center in fewer than 100 minutes.

"It felt great just to finish, but the fact that we won second place was fantastic," said Karpinen, who prepared for about three weeks. He credited planning with teamwork and advice from his teammates, Kars and Konrad.

"Snow conditions and the demanding



Courtesy photo

**Lt. Col. Konrad Lau, Randy Karpinen and Lt. Col. Jan Kars stand with their medals and extra award from the cross-country skiing event, Jan. 22.**

course were a real challenge," Lau said, "but we fought and succeeded."

Retired Lt. Col. Thomas Klein, the German secretary to the IFMS, donated an extra award for the first-ever participation of a team from the Marshall Center.

"Participation in sporting events facilitates the integration of every new citizen in the local community," Klein said. He hopes to see more participants from the Marshall Center and the garrison.



# What's Happening

## Garmisch Briefs

### Read & Ride

Feb. 17: For small children. Bring a riding toy (big wheel, tricycle, bobby car, etc.) 10:30 a.m. to the Pete Burke Community Center ballroom for stories and fun.

### Partenkirchen tour

Feb. 21: Visit historic sites in Partenkirchen, the older of the twin cities. See the Plague Chapel put up during the Thirty Years' War, great frescoes, the State School for Woodworking, and the Partenkirchen Kurpark. Walking tour, so wear comfortable shoes. Cost: \$7.

### Erdinger Therme

Feb. 22: Enjoy a therapeutic, relaxing, calming, and exhilarating time, with lots of wet fun at the water park. Cost: Transportation \$15; park entry cost up to 38 euros.

### Puppet play

Feb. 24: In recognition of Black History Month the library staff will perform a puppet show based on the popular folktale "Anansi and the Moss Covered Rock" teaching about honesty and truth. Fun for children of all ages, adults too. 10:30 a.m. and 3:30 p.m. Cost: free.

### Munich & Third Reich

Feb. 25 & 27: Overview presentation on Friday night; Sunday meet at the bahnhof for the 8 a.m. to Munich to recreate the Bier Hall Putsch of 1923, visit the site of the Munich Accords and explore other places associated that dark time. This is an extremely interesting tour, somewhat like examining an urban battlefield. Lots of walking all day - wear comfortable shoes and bring lunch money. Cost: \$35.

### Ski Austria

Feb. 26: Jump on the Ski Bus Express to Grubigstein and Lermoos for a snow-filled day of fun. Cost: \$69 adult, \$59 child, includes transportation, and lift pass, \$79 includes weekend equipment rental, \$12 for just the bus ride if space is available.

### Fitness Extravaganza

Feb. 26: Join the Mueller Fitness Center staff for a day of free fitness classes, 15-min massage demonstrations, healthy cooking demonstrations, wellness tips,

running clinic, prizes, giveaways, and much more. Cost: free.

### What's happening?

For the latest news on fests, concerts, parties, parades and more in Garmisch-Partenkirchen, visit the USAG Garmisch Facebook page: updated daily, always relevant and fresh as a morning brezel. Cost: free.

Unless noted, all FMWR events meet at the Pete Burke Center. To register for the events call DSN 440-2638, CIV 08821-750-2638, or email Garmisch.FMWRodr@us.army.mil.

### ACS classes/gatherings

Wednesdays, Jan. 19–Feb. 23, noon-1 p.m.: Love and Logic - Early Childhood Parenting Made Fun for families with children up to 6 years of age.

### Infant Massage Class

Feb. 18: Noon – 1 p.m. Massage increases parental confidence, handling skills, understanding of the infant's nonverbal cues, enhances bonding for mothers with postnatal depression and a is great way to reconnect with your baby after redeployment.

### Monday

Gruess Gott Garmisch Group meets at 9:30 a.m. the first Monday of the month at the Pete Burke Center.

■ M.o.M's Group (Move on Monday): 10:15-11:45 a.m.

■ Money Mondays: 11:30 a.m.-1 p.m. the second Monday of the month.

### Tuesday

■ Playgroup: 10-11:30 a.m. at the Garmisch Chapel

■ Conversational German: 9:30-11 a.m.

### Wednesday

Working Wednesdays: 1-2:30 p.m. first Wednesday of the month

### Thursday

■ Newcomers Community Services Briefing: 8:30-11:30 a.m. the second Thursday of the month. Contact ACS to sign up by Tuesday prior to the briefing. Due to World Ski Championships, next briefing will be Feb. 24 at the Pete Burke Community Center.

■ German Customs and Culture Class: 1-3:30 p.m. the second Thursday of the month. Contact ACS to sign up by Tuesday prior to the class. Due to World Ski Championships next class will be Feb. 24 at the Pete Burke Community Center.

■ Stress and Anger Management Class every second Thursday from noon to 1 p.m.

Unless noted all ACS activities take place or meet at the Garmisch ACS Center (Artillery Kaserne, Bldg 203).

For more information contact your ACS staff at DSN 440-3777, CIV 08821-750-3777, or e-mail them at Garmisch.FMWRacs@eur.army.mil.

## Graf/Rose Barracks Briefs

### SAEDA training

Together with the 66th Military Intelligence Group, JMTIC Intelligence and Security, and the U.S. Army Garrison Grafenwoehr (Antiterrorism and Security Divisions) will be conducting the quarterly community Subversion and Espionage Directed against the Army (SAEDA), Security Education Training Awareness (SETA), Operation Security (OP-SEC), and Anti-terrorism Level 1 Refresher Training.

Feb. 16 - Main Post, Tower Theater, Bldg. 620, 10:30–11:30 a.m. (LN employees), and 1:30–4 p.m. (US employees).

Feb. 17 - Rose Barracks, Post Theater, Bldg. 354, from 9–11:30 a.m. - (U.S. employees), and 1:30–2:30 p.m. (LN employees)

This training is a mandatory annual requirement for all DoD personnel including military, AF/NAF (both U.S. and LN); contractor employees are welcome.

### Fishing course

Feb. 18-20 and March 18-20: Camp Algiers, Bldg. 2440. Participants must sign up through Outdoor Recreation prior to the start of class by calling DSN 475-7402 or CIV 09641-83-7402.

### Graf Performing Arts

The Grafenwoehr Performing Arts Center will host 25th Annual Putnam County Spelling Bee Feb. 18-19 & 25-26, at 7 p.m. Tickets can be purchased at the door and doors open 30 minutes prior to start time. Anyone under 18 years of age must be accompanied by a parent or guardian for the entire show. For more, visit [www.facebook.com/grafenwoehrMWR](http://www.facebook.com/grafenwoehrMWR).

### Hunting course

Feb. 1 – April 16: Camp Algiers, Bldg. 2440. Course will meet Tuesdays, Thursdays and occasional Saturdays. On training holidays, the course will meet on Wednesdays. Open to U.S. ID card holders, 18 years of age and older. Please sign up through Outdoor Recreation prior to the

start of class at DSN 475-7402 or CIV 09641-83-7402.

### Rowing championships

Indoor rowing competition begins promptly at 9 a.m., Feb. 26 at Netzaberg Elementary School.

Open to anyone age 4 and up. Indoor rowing on the Concept 2 ERGS consisting of four-minute heats.

Register now to get a chance at the door prize or register the morning of the competition. Send entries to [david.gray@eu.dodea.edu](mailto:david.gray@eu.dodea.edu) or [teammnetz@me.com](mailto:teammnetz@me.com).

For more, call DSN 472-9184 or CIV 09645-917-9184. <http://web.me.com/teammnetz/teammnetz@me.com/Welcome.html>.

### Estate claims

• For claims on or obligations to the estate of Sgt. Eric Nettleton of 1st Squadron, 2SCR, Pfc. Conrado Javier of 3rd Squadron, 2SCR, contact Capt. Chris Haag, summary court martial officer, at DSN 476-5897 or e-mail: [chris.haag@us.army.mil](mailto:chris.haag@us.army.mil).

## Hohenfels Briefs

### Speed limit reduction

The posted speed limit on General Patton Drive from the lemon lot intersection adjacent to the Air Field to the 5 corners has been reduced to 30 kilometers per hour. Also reduced was the speed limit from the intersection of Warrior Way and Patton Drive to 25m beyond the pedestrian crosswalk located downhill from "The Zone."

Drivers are advised to pay attention to these changes as traffic enforcement goes into effect the same day.

### Super Hero Party

Feb 23: Listen to super stories and make crafts at this fun event held at the library from 3-4 p.m. Children 3-8 years of age are invited to come dressed as your favorite super hero! Call the Library at DSN 466-1740 for more information.

### Spring sports

Through Feb. 28: Registration is now open for spring sports. Choose from soccer, softball or baseball. Open to ages 3-15 years. To register, stop by Parent Central Services located in Bldg. 10, or call DSN 466-2080/2078, CIV 09472-83-2080/2078.

### Berlin

Feb. 26: Let ITR take you on a city tour of some of the major sites including the Brandenburg gate, the Berlin Wall memorial

site, Checkpoint Charlie and much more. After the tour, enjoy free time to discover all of the beauty of the city at your own pace. Bus will depart Hohenfels from ODR, Bldg. H15 at 4 a.m. and return to Hohenfels at midnight.

Cost is \$89 per person, which includes the city tour and transportation. Seating is limited.

Call to reserve your seat today or visit our website located at <https://webtrac.mwr.army.mil/webtrac/hohenfelsrectrac.html> to sign up and pay for your trip. For more information call DSN 466-2060 or DSN 09742 83 2060.

### Volleyball registration

Through Feb 28: Register your team for the upcoming Unit Level Volleyball program. Registration has been extended through Feb. 28. Practices will begin on Feb. 7 and will be held every Monday from 5:30-7 p.m. For more information call DSN 466-2883/2868 or stop by the Post Gym, Bldg. 88, for a letter of intent.

### Aerobathon

March 12: Come out and experience all that the Hohenfels fitness program has to offer. Back to back 30-40 minute classes starting at 10 a.m. Cardio Kickboxing, Zumba, Spinning, Yoga, Pilates and our new class Body Blast will all be included. There is a \$10 entry fee. Free T-shirt for the first 20 participants to register. For more information or to register, stop by the Post Gym or call Sports and Fitness at DSN 466-2883.

### Coaches needed

Youth Sports is looking for volunteers to coach soccer, baseball and softball. Stop by the CYSS Sports and Fitness Office Bldg. 94 during the hours of 10 a.m. to 2 p.m. and pick up a volunteer packet or simply call DSN 466-2558, CIV 09472-83-2558 for more information on how to become a CYSS Coach.

### Calling all crafters!

Registration Now Open: The Hohenfels Community and Spouses Club is looking for talented crafters and artists to sell their handmade goods during, "Celebration of the Arts."

This event will be April 9, from 10 a.m.-3 p.m., at the Community Activities Center. Booth space is limited. Crafters will be accepted on a first come, first serve basis.

Contact Paige Tyler at [paigeloveskeith@yahoo.com](mailto:paigeloveskeith@yahoo.com) for more information and to sign up.

Also, visit HCSC's Facebook page or website for more information, [www.Facebook.com/HohenfelsCSC](http://www.Facebook.com/HohenfelsCSC) or

[www.HohenfelsCSC.com](http://www.HohenfelsCSC.com).

### Volunteer at ACS

Whether you're new on post or ready to be a part of special organization, ACS is looking for volunteers. This is a good time to volunteer and contribute to the great programs and services ACS provides to the community. For more information call ACS at DSN 466-4860 or CIV 09472-83-4860 and say "I want to be a volunteer."

## Schweinfurt Briefs

### AFAP Conference

The Army Family Action Plan is an effective way for the Army community (Soldiers, spouses, family members, single Soldiers, retirees and DOD civilians) to voice concerns to leadership for change and resolution. This year's edition meets Feb. 22-24 at the Conn Club & Pavilion. For more, call DSN 354-6933, CIV 09721-96-6933.

### Community Right Arm

Come to the Conn Club and Pavilion Feb. 25, from 4-6 p.m., for the community Right Arm night. Right Arm events are the old Army custom of spending an evening after work with 'right hand' folks who make the mission happen. For more info, call the Family & MWR Business Operations Chief at DSN 353-6186, CIV 09721-96-6186.

### Black History Month

Come to the Ledward library, Feb. 24, at noon for a lunch commemorating the rich history of African-Americans. The special meal is prepared by library employees, and this free event is open to all community efforts.

### Blood Drive

Meeting March 1 in the Finney fitness center between 9 a.m. and 4:30 p.m., this quarterly event generates blood donations for Dept. of Defense needs, including on-post medical facilities and deployed Soldiers. The last blood drive set a record for Europe, gathering the most amount of donations in over two years. Come out to make this quarter's drive an even bigger success.

### SCSC Scholarship

Schweinfurt Community and Spouses' Club offers scholarships to community members, spouses, current university students and graduating seniors through Tue, March 1. Applications are available at the Thrift Shop and at their website, [schweinfurtspousesclub.com](http://schweinfurtspousesclub.com).





# Hitting the slopes

## World-class athletes converge for FIS Ski World Cup

Photos courtesy of the U.S. Ski Team

Ted Liggetty hopes to end the season where he began, with victory after victory. This year's Ski World Cup promises to be just as exciting.

The 2011 World Ski Cup runs through Feb. 20 in Garmisch-Partenkirchen

by Samuel Sleger  
*Special to the Bavarian News*

GARMISCH-PARTENKIRCHEN, Germany — Garmisch-Partenkirchen has seen much snow the past winter; white blankets the small church steeple in the middle of town and gently hugs the signs of pubs, quaint German restaurants and houses. But the most awe-aspiring sights are the mountains.

Trees, traversing as high as the mountain rocks will let, hide their green beneath a permanent frost. With a crisp, clear sky the white covered Zugspitze pops in drastic contrast against the yellow sun and blue backdrop. These powdery slopes and expansive mountain sides combine to make a picture-perfect setting for the Alpine World Ski Championships.

History

Since the early 1930s the ski championships have brought together top alpine ski athletes from around the world in the name of competition. Skiers battle it out in downhill, combined and slalom events (just to name a few).

In May 2006, the international ski federation chose Garmisch-Partenkirchen (GAP) as the host city for the 2011 event. Other ski events of such a caliber held in this area were the 1936 Winter Olympics and 1978 Alpine Ski Championships. Garmisch-Partenkirchen is already a seasoned veteran when it comes to the championships.

The towering ski jumps, mountains, Olympic stadium and Riessersee Lake serve as excellent reminders to the niche GAP has for winter sports. The landscape provides skiing, snowboarding and skating opportunities for all levels, and even national teams come here to practice.

Fitting return

Garmisch-Partenkirchen hosting the ski championships this year is fitting, as the 1936 Olympics in GAP marked the first time alpine skiing events were added to the competition. Now, the place that birthed alpine skiing into the folds of one of the most prestigious sporting

events in the world, the Olympics, will once again host the mother of all alpine events — the world championships.

Since 2007, the GAP organizing committee has been meticulously preparing all aspects of this event. Event details, courses, finances and promotions are just a few of the projects that many men and women in GAP and around Germany have been working on for the past three years. Their work is finally paying off as the event, which began Feb. 7, has brought alpine ski athletes and avid skiing fans from all over the world.

Ski spectacular

The events and competitors are sure to be spectacular, as skiers push themselves to the utmost limit in the hopes of securing a medal for both personal pride and country. Skiers will fly down mountainsides at neck-breaking speeds tilting their skies at an angle where one centimeter too far could bring them crashing hard into the snow underfoot.

Weaving in and out of strategically positioned flags, or cruising down a mountainside with speeds upwards of 80 mph these gents and ladies hope to leave this event with precious medal in hand.

Medaling kids

For many, these bronze, silver and gold medals are more coveted than Olympic medals, as skiers must compete at an extremely high level through multiple events before even qualifying for the world championships.

This event, much like the Olympics, brings people together from around the world. Competitors and fans from all over will come to compete and watch respectively.

Despite language barriers they will bridge the gap of diversity in GAP through their shared passion — skiing. The beautiful mountains will once again have the chance to showcase why they can be considered a top spot in the world for winter fun.

For more information on World Cup ski events, visit [www.fis-ski.com](http://www.fis-ski.com). Service members and their families who are interested in vacationing at Edelweiss Lodge and Resort, attending the races or just being a part of the festive atmosphere, can visit [EdelweissLodgeandResort.com](http://EdelweissLodgeandResort.com) for details.



Lindsey Vonn is in Garmisch to defend her title as World Champion. Vonn earned a silver medal in the women's downhill race despite receiving a concussion during practice for the competition, Feb. 7. She will announce her participation in today's team event and Thursday's giant slalom event on her Facebook page.



U.S. Ski Team members Steven Nyman and Travis Ganong pose with a fan at the Edelweiss Lodge and Resort, Feb. 7. Nyman, who topped the other U.S. men's team skiers with his 13th place finish, celebrated his 29th birthday, Saturday.

Upcoming races

- Today — Team event
- Thursday, Feb. 17 — Ladies' Giant Slalom
- Friday, Feb. 18 — Ladies' Giant Slalom
- Saturday, Feb. 19 — Ladies' Slalom
- Sunday, Feb. 20 — Men's Slalom

For more information and race schedules, visit [gap2011.com](http://gap2011.com) and [www.fis-ski.com](http://www.fis-ski.com).



# Parents should know the cold facts

by Jennifer Walsh Cary  
BMEDDAC Public Affairs

VILSECK, Germany — With cold and flu season in full swing, Bavaria Medical Department Activity pediatricians are encouraging parents to have all the facts when it comes to treating their sick child.

"Every day, I see parents who are worried that their child has yet another cold," said Dr. Renata Lukezic, Vilseck Army Health Clinic pediatrician. "The average cold is two to three weeks and kids have about six to eight colds per year. They're sick all the time, but that's normal."

If your child starts displaying cold symptoms such as: sneezing, coughing, sniffing, a sore throat or chest congestion, Lukezic — and other government organizations such as the Food and Drug Administration — recommend treating the symptoms without over-the-counter cold medication, especially in children under the age of 4.

"It turns out there is no data that over-the-counter cold medicines work and there may be a risk associated with them," she said. "This is the reason over-the-counter cold medicines were removed off store shelves several years ago."

Even antibiotics, which are



often viewed as a cure-all, don't make the cut when it comes to colds.

"Parents often think that colds can be 'cured' by antibiotics. Colds are caused by viruses and viruses cannot be treated with antibiotics," Lukezic said. "The only treatment we have for viruses is to support the patient while his or her body fights the infection."

Instead, she recommends giving your child a little TLC, or tender loving care.

"Some things you can do for your child include lots of love, lots of hugs and lots of fluids," Lukezic said. "Keep your child

**BMEDDAC encourages parents to obtain the facts about children's colds this flu season.**

comfortable with ibuprofen or acetaminophen if they're in pain or have a fever.

If they're older than age 1 and they have a cough, honey has been shown to be helpful. Honey should not be used under age 1 because of infant botulism."

In some cases, symptoms can take a turn for the worse. Parents should contact their child's doctor if the child: refuses to drink anything for a long time; has a stuffed or runny nose that gets worse or does not get better after two weeks; has red eyes or yellow goop coming out of his or her eyes; has ear pain, pulls at his or her ears or shows other signs of having an ear infection; or has a fever higher than 101 degrees Fahrenheit for more than three days.

However, parents may be surprised to learn that in most cases green snot is normal, not a reason to race to the emergency room.

"It is not a sinus infection. Green snot is your body sending white cells to fight an infection," Lukezic said. "I would say if there's green snot for more than two weeks the child should be

evaluated, but two or three days of green stuff coming from the child's nose is completely normal."

To keep your child as healthy as possible, Lukezic also encourages parents to teach their children good hygiene habits, such as frequently washing their hands and using a tissue when they sneeze or cough. A healthy diet filled with lots of vegetables and plenty of sleep can also help prevent colds. She also stressed that vaccines remain important.

"We've done a tremendous job at vaccinating people and we're already seeing the benefits," she said. "If they haven't already, I recommend people come in and get the flu vaccine."

The seasonal influenza vaccine is available for children ages 6 months and older. In some cases, children under the age of 9 may also need an influenza booster vaccine. Parents should check with their local immunization clinic or health care provider.

Finally, when in doubt parents should ask questions. Registered nurses are available 24 hours a day, seven days a week as part of the Tricare Nurse Advice Line. Call toll-free [00] 800-4759-2330. To make an appointment with a health care provider, call your local Army health clinic appointment line.

## a shot of advice

by Maj. Patrick Hartley  
BMEDDAC

This week, Maj. Patrick Hartley, chief nurse of the Vilseck Health Clinic, is answering your health questions. Want your health-related question answered? E-mail to brmc-pao@amedd.army.mil or post your question on our Facebook page at [www.facebook.com/bmeddac](http://www.facebook.com/bmeddac). Your question may appear in the next edition of the *Bavarian News*.

**Q:** My family is about to move back to the States. Do we need to pick up hard copies of our medical records even though everything has been recorded on the computer?



Hartley

Respectfully,  
PCSing in Pegnitz

**A:** Dear PCSing,

Moving is always tough and the medical piece of the puzzle is equally challenging if you miss something. It is true that most of your medical information is documented in our electronic system, but there are still some documents that are hard copy and filed in your paper record. You need to go by your local clinic to request your records. Please be aware that the active duty service member will need their spouse's ID card and a note giving permission to pick up the records. Children's records can be picked up until the child reaches 18 years old. After they turn 18, the same rules apply as for picking up a spouse's record.

Something very important to know is that if a person is PCSing to a location that does not have our electronic system, the individuals and or the family's records need to be printed out. These assignments include ROTC and recruiting duties. If you are going to one of these locations, please contact the clinic well before you leave because it does take some time to print out records.

**Q:** Is dried fruit considered healthy? I love to eat dried banana chips, but they have a lot of calories in each serving. Is it really that much worse than eating a regular banana?

V/r,  
Bananas in Bamberg

**A:** Dear Bananas,

This is a great question. Many snacks that you think would be healthy often have been changed by preservatives and other methods of processing. The dried banana chips are very concentrated so you actually will eat much more than you think and thus get more calories.

Some manufacturers add oils and other additives that make a once healthy snack not so healthy any more. I suggest you read the label and stay away from saturated fats and anything hydrogenated. Eat fresh fruit if possible because it is truly better for you.

**Q:** I know that super athletes like Lance Armstrong have a resting heart beat of like 50 beats per minute. As your average Jane, what should my heart rate look like for me to be considered fit?

Thanks,  
Heart Healthy in Hahnbach

**A:** Dear Heart Healthy,

Well, let us start off with a beating heart is a great thing. That means we are going to have a pretty good day. The fact is that we all have many factors that can and will influence our heart rates. Women generally have a slightly faster heart rate than men, and the heavier you are will only increase your heart rate. A resting heart rate in the 50s is great for a man or a woman that is active and doing cardio activities on a regular basis. Most of us are in the 60s. There are many resources on the Internet and in the medical community for exercise and your heart rate. Just remember that too fast and too slow are generally not good. Please visit your clinic or the fitness center for more information.

If you need a shot of advice, e-mail your question to Lt. Col. Stephen Linck at [brmc-pao@amedd.army.mil](mailto:brmc-pao@amedd.army.mil).

# Missed appointments cost millions

Reminders, rescheduling patients to cut no-shows

by Phil Tegtmeier  
ERMC Public Affairs

HEIDELBERG, Germany — Nearly 5,000 missed medical appointments per month costs Army Medicine in Europe about \$5 million per year. Engaging beneficiaries and unit leaders can help reduce the number of missed appointments by half, health officials say.

In addition to reducing the cost of health care, reducing missed appointments will help Europe Regional Medical Command clinics provide beneficiaries improved access to the health care they so richly deserve, according to Army Lt. Col. Andrew Lankowicz, ERMC clinical operations director. He noted that one missed appointment can impact three others: the unfilled missed appointment, the missed appointment someone could have used, and the one the person still needs for himself.

"We cannot expect patients to be able to make it to every single appointment they make with us, but we can work together to bring our no-show rate of 10 percent down to five," Lankowicz said.

To that end, Army community health care clinics are looking at better ways to remind people of upcoming appointments. At the same time, they are taking other, customer-



oriented steps to bring the rates down.

Lankowicz referred to a study of no-show rates in military hospitals. He said nearly half of the study's respondents said they missed their appointment because they simply forgot they had one scheduled.

"If we provide better reminders and help patients make their appointments, we can make a great improvement," he added.

Reminding patients of upcoming appointments does two things, Lankowicz said.

If everyone who missed an appointment because they forgot about it came in, the Europe no-show rates would go down by half, he said. At the very least, a reminder a few days before the appointment is due gives patients a better chance of rescheduling at a time that's more convenient to them if their plans have changed.

"We also want to give unit leaders more

time to make certain Soldiers make appointments or change them if the unit mission dictates rescheduling," Lankowicz said. In order to do so, clinics across Europe are improving their reports of Soldier upcoming and missed appointments to unit commanders for Soldiers in their units.

Knowing which Soldiers in a unit have medical appointments can be a useful tool in a combat unit. One deployed combat medic took part in an online discussion at the NCO Net forum at Army Knowledge Online. He said that asking Soldiers to leave their NCO leadership's telephone information when making appointments would also help.

"Letting the platoon or first sergeant know of the appointment is not a cure-all, but it is a cheap and effective way to ensure another is tracking the appointment," said Sgt. 1st Class Richard Stickels, a combat medic assigned to the 2nd Stryker Cavalry Regiment.

The goal of notifications to leaders and other initiatives are to make it easier for patients to go to appointments when they can and to call in to reschedule when they cannot.

"Each missed appointment is a missed opportunity to provide care to someone needing our services," said Col. William Novakoski, ERMC's chief medical officer and deputy commander. "Please call your clinic as soon as you know if your plans change. By doing so, you give us an opportunity to provide services to more patients in need of our care."

## American Heart Month

# Improving cardiovascular health a new goal

Cardiovascular disease is a killer that can be stopped

by Danielle Martin  
U.S. Army Public Health Command (Provisional)

Cardiovascular disease is the No. 1 killer of both men and women in the United States. Almost 2,300 Americans die every day from cardiovascular diseases — that's one person every 38 seconds. Cardiovascular diseases claim more lives each year than cancer, chronic lower respiratory diseases and accidents combined. Every year, approximately 785,000 Americans have their first heart attack. Another 470,000 Americans who have already had at least one heart attack will have another one.

Because of these high sta-



tistics, Congress since 1963 has required the President to proclaim February "American Heart Month." This effort is led by the American Heart Association.

In 1999, the AHA set impact goals to reduce cardiovascular disease and risk by 25 percent by 2010. Despite the above statistics, the impact goals for 2010 were met, with a 27.8 percent decline in the cardiovascular death rate. However, statistics have also shown an increase of 27 percent in the total number

of inpatient cardiovascular operations and procedures.

A new impact goal has been set for 2020. This goal is aimed at improving the cardiovascular health of all Americans by 20 percent, while reducing deaths from cardiovascular disease by 20 percent.

The risk factors for cardiovascular disease include:

- High cholesterol
- High blood pressure
- Diabetes
- Tobacco use (within the past year)
- Diets high in saturated fats, cholesterol, high salt and high sodium
- Physical inactivity
- Obesity
- Excessive alcohol use
- Family history.

*Editor's Note: Danielle Martin is a program evaluator at the U.S. Army Public Health Command (Provisional).*

## Lowering the risk

Patients can lower their risk of developing cardiovascular disease by:

- Eating a healthy diet
- Maintaining a healthy weight
- Exercising regularly
- Not smoking
- Limiting alcohol use
- Having their cholesterol checked
- Monitoring blood pressure
- Managing their diabetes
- Taking their medicine
- Talking with their health care provider

For more information visit:  
American Heart Association,  
[www.americanheart.org](http://www.americanheart.org) and  
Centers for Disease Control and Prevention, [www.cdc.gov/heartdisease](http://www.cdc.gov/heartdisease).



# Citizens must report foreign bank information

The third in a four-part series on preparing taxes for the 2010 tax season

by **Denver Makle**  
*JMTC Public Affairs*

GRAFENWOEHR, Germany — The U.S. Internal Revenue Service (IRS) wants U.S. citizens living and working overseas to know they must file a “Report of Foreign Bank and Financial Accounts” form with the Treasury Department by June 30 if the aggregate value of their foreign accounts exceeded \$10,000 at any time during the previous calendar year.

According to the IRS website, “a foreign country” includes all geographical areas outside the United States, the Commonwealth of Puerto Rico, the Commonwealth of the Northern Mariana Islands, and U.S. territories and possessions (including Guam, American Samoa, and the U.S. Virgin Islands).

“Filing the form, called a TD F 90-22.1, assists the Treasury Department in keeping tabs on money laundering and related banking activities,” said Brad Huestis, Chief of Client Services Division at the 7th Army Joint Multinational Training Command (7A JMTC) Office of the Staff Judge Advocate. “The form is not a tax form and should not be included with IRS income tax returns.”

The IRS assists the Treasury Department in cracking down on taxpayers who fail to file the form, and there are criminal penalties for fail-

ure to file, said Huestis. “Accounts held in military banking facilities such as Community Bank or on-base credit unions are not considered ‘foreign bank accounts’ for the purpose of filing.”

However, Huestis said it is important because some families have purchased homes here in Bavaria, which requires them to bank on the economy.

For example, Americans might have a Postbank or Sparkasse account to pay a home mortgage or to pay local bills. Americans are advised to pay attention to the exchange rate. Given that at its lowest point in 2010 the U.S. dollar was worth .6866 euros, having as little as 6,866 euros in a German account or in multiple German accounts, may be enough to trigger the requirement to file a TD F 90-22.1

The form is available at [www.irs.gov/pub/irs-pdf/f90221.pdf](http://www.irs.gov/pub/irs-pdf/f90221.pdf). Once completed, the form should be mailed to the U.S. Department of Treasury, P.O. Box 32621, Detroit, MI 48232-0621.

The eight-page form includes three pages of detailed instructions. After reviewing the instructions, if you have questions about the requirement to file, contact your local tax center or legal assistance office. The 7A JMTC tax centers will open Feb. 1, and tax preparers can help.

Tax center professionals are



U.S. Army Europe Commander Gen. Carter F. Ham and his wife, Christi, complete their 2010 tax return at the Heidelberg tax center, Feb. 8. Tax centers around Bavaria are open for business.

available in Ansbach, Illesheim, Bamberg, Garmisch, Grafenwoehr, Hohenfels, Schweinfurt and Vilseck to assist military I.D. cardholders with questions.

The 7A JMTC tax centers offer free federal and state income tax preparation and e-filing. For more information on the Report of For-

eign Bank and Financial Accounts see [www.irs.gov/businesses/small/article/0,,id=210244,00.html#FR1](http://www.irs.gov/businesses/small/article/0,,id=210244,00.html#FR1).

*Editor's Note: Tracy Cooklin, tax preparer at the JMTC tax center, and Brad Huestis, chief of Client Services Division at the JMTC Office of the Staff Judge Advocate, contributed reporting.*

# Rifle team hits its mark

Continued from page 3

marksmanship is mental. He said a good shooter visualizes the perfect site alignment, trigger squeeze and breath control.

“Well over half your time is spent in mental preparation before you ever pick up the rifle,” he said.

“It’s something you have to train yourself for,” Redden added. “You need to calm your body when you shoot, and there can’t be any stress in your muscles. It just has to be you and the rifle.”

As one of the team captains, Redden uses her experience to help guide newer members.

“People have tons of questions every day and sometimes coach can’t answer them,” said Redden. “They want it from another shooter’s point of view, or from a girl’s point of view, because we have more girls on the team than guys. It’s really a leadership thing.”

An avid soccer player, Redden at first didn’t see the draw behind marksmanship.

“I’m like, yeah, standing around shooting rifles? But the more rewarding thing, you don’t just win as a team, you win as an individual. You can feel the success when you improve each week.”

“When I first started doing rifle my parents were like, ‘why are you doing rifle?’” said Redden. “But by the end of the season, they’re like, all in it and everything else. I think they’re more passionate about me doing rifle than me doing soccer.”

Redden’s parents followed last year’s Service Championships online, and Tiger fans can again catch all the action at the Civilian Marksmanship Program’s (CMP) website at [www.odcmp.com](http://www.odcmp.com).

“There is live viewing of the targets,” said Katie Harrington, CMP program coordinator. “What we do is we put up the images of our targets as they are being shot.” She said the names of the shooters will be displayed and linked to a window with their shot groups and their ongoing totals.

Besides Redden and Howard, other team members making the trip to the championships include co-captain Rene Bourgeois, Caroline Bourgeois, and Kathleen Waldron.

## Tax Centers

**Ansbach/Katterbach**  
Katterbach Kaserne  
Bldg. 5817, 3rd floor  
DSN 467-2324  
CIV 09802-83-2324  
Mon-Fri, 9 a.m.-5 p.m.  
Thu, until 7 p.m.  
walk-ins and scheduled appointments

**Ansbach/Illesheim**  
Stork Barracks  
Bldg. 6506 (Law Center)  
DSN 467-4511  
CIV 09841-83-4511  
Mon-Fri, 9 a.m.-5 p.m.  
walk-ins and scheduled appointments

**Bamberg**  
Warner Barracks  
Bldg. 7000, 4th floor  
DSN 469-8261/8262  
CIV 0951-300-8261/8262  
Mon-Fri, 9 a.m.-noon,  
1-4 p.m. walk-ins and  
scheduled appointments  
Sat (Feb. only)  
9 a.m.-noon  
by appointment only

**Garmisch**  
Artillery Kaserne  
Bldg. 203  
DSN 440-3516  
CIV 088217-50-3516  
Mon-Fri, 8 a.m.-noon,  
by appointment only

**Grafenwoehr**  
Main Post, Bldg. 216  
DSN 475-9258  
CIV 09641-83-9258  
Tue through Fri,  
9 a.m.-5 p.m.,  
Mon, 10 a.m.-6 p.m.  
walk-ins and appointments

**Hohenfels**  
Bldg. 313  
DSN 466-2836  
CIV 09472-83-2836  
Mon, Wed and Fri,  
9 a.m.-4 p.m.  
Tue and Thu,  
10 a.m.-5 p.m.,  
1st Sat of month

9 a.m.-noon  
by appointment only

**Schweinfurt**  
Conn Barracks, Bldg. 1  
DSN 353-8286  
CIV 09721-96-8286  
Mon-Fri, 9 a.m.-5 p.m.  
walk-ins and  
scheduled appointments

**Vilseck**  
Rose Barracks  
Bldg. 245, 1st floor  
DSN 476-2714  
CIV 09662-83-2714  
Mon-Fri, 9 a.m.-noon,  
and 1-5 p.m. walk-ins and  
scheduled appointments

# Valuable deployment tools are hot topics at Graf's PTA Cafe

The next PTA Cafe is Friday, Feb. 18

Story and photo  
by **Trecia A. Wilson**  
*Special to the Bavarian News*

GRAFENWOEHR, Germany — Sitting back-to-back, two parents are each handed a piece of paper. One paper has an image of a butterfly on it, while the other is blank. The parent with the blank paper is also given a pencil. The one with the image begins describing step-by-step what she sees on her paper while the other attempts to draw the image sight unseen. The result is an image that somewhat resembles the initial image, but the body of the butterfly is drawn horizontally when it should have been vertical and other lines are too far to the right or too high on the page.

This exercise is a simile of the communication between families separated during deployments. Although a child or spouse can perfectly describe something that has happened at home, the deployed Soldier may understand it differently, which can often result in misunderstanding.

Knowing how difficult military deployments are hard on kids, the Grafenwoehr Elementary School Parent Teach-

er Association invited Military Child Education Coalition experts to a special PTA Cafe to share helpful tools with parents for coping with this eventuality. In addition to the information shared, parents were also treated to drinks, fruits and other breakfast items.

Despite today’s advances in technology, communication is still one of the biggest challenges families face when separated. Kimberly Bacso and Nicole Barnard, MCEC representatives, used the drawing exercise and other hands-on techniques to illustrate how communication suffers during deployments.

The three best keys to staying connected are involvement, planning and communication.

Make sure that the deployed parent remains involved in the children’s lives. This involvement will enable children to earn higher grades and test scores as well as enroll in high-level programs. It will also help them get promoted and earn extra credits. Studies have also shown that children whose parents are involved attend school more regularly, have better social skills, adapt well to school and have improved behavior. They are also more likely to graduate and attend post-secondary education.



Planning is usually under-rated as a way to alleviate communication stress and yet it can be the biggest factor. A few ways to plan ahead are:

## Command center

The command center should be located near the house phone and consist of things like envelopes, pens, paper, colors; kids research of location of deployed parent showing maps and country info; mementos of daddy/

mommy and, of course, things sent by daddy/mommy.

It’s also a good idea to keep a list of the things you need to discuss with the deployed spouse close by the telephone/command center. This would be a good location to keep a box that is getting ready for shipment to the deployed spouse, where things like school projects and special gifts can be stored but not forgotten when the box to mommy or daddy gets mailed.

**Nicole Barnard (left) of the Military Child Education Coalition, and Jen Reeder (right) participate in a communication skills test as directed by Military Child Education Coalition representative Kimberly Bacso (rear) during a “Staying Connected during Deployments” presentation at Grafenwoehr Elementary School, Jan. 21.**

## Plan best times to call

Most Soldiers have very little time to talk when they do call home, so often important things that a spouse may have planned to discuss with them will be forgotten in the rush of the call.

If the deployed spouse knows that Joy has a dance recital at 7 p.m., calling at 6:30 pm will just cause both the Soldier and family member stress as the child will be trying to get ready to leave for the recital. Make sure the Soldier knows when the children’s activities are and plan to call several hours before or the event. Sometimes during an event is even possible.

“One of my favorite memories,” said Crystal Bailey, Grafenwoehr Elementary School principal, “is of a phone call received during one of our Star Assemblies. I heard the phone ring in the audience during the assembly, but just went on as usual. After the ceremony, the mother came to me and explained the call was the child’s father who was deployed but wanted to hear his child receive the award so when he called she held up the phone so that he could hear the announcement.”

## Communication

With all the emails and instant messages of today,

old-fashioned letter writing is often forgotten. Deployments are a good time to reintroduce letter writing to the family. Writing letters improves children’s penmanship and gives the receiver something they can keep in his or her pocket that is distinctly their child’s or parent’s handwriting. It’s more personal and often means much more than a hurried email.

Bacso also introduced a ‘Facebook’ concept for kids created by Sesame Street called Sesame Street Family Connections, [www.sesamestreetfamilyconnections.org](http://www.sesamestreetfamilyconnections.org). The website is like Facebook, but is primarily for children and parents. It has some wonderful kid-appropriate applications within such as a drawing board so kids can draw a picture on the computer and immediately upload and send it to their friends and family. It also has video and photo galleries which enable dad or mom to share videos and photos with the kids when they are apart.

All attendees received handouts of all the information shared plus a couple other wonderful resources. For more great deployment tools from MCEC, go to [www.military-child.org](http://www.military-child.org) or call the Grafenwoehr/Vilseck Parent to Parent Team at 0175-648-2777.



# Garmisch hosts Germany’s Chancellor Merkel

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Sgt. William McKee, and host nation liaison Andrea Winter.

“The sequence at the helicopter landing zone during the arrival and departure was very professional and relaxed, without anything hectic,” said fire chief Wolfgang Pauls-Polch, who coordinated and supervised the helipad operations with the Garmisch Fire Department and the Bavarian Red Cross. “The pilots informed me that they’d never before received any support like here.”

The chancellor’s advance party was waiting for her and whisked her off to the Armed Forces Recreation Centers’ hotel on post, where she briefly used a suite at the Edelweiss Lodge and Resort to continue her duties as head of state, meet with aides, and prepare for the outdoor event where she addressed the packed Olympic Stadium. The event was televised and the impressive fireworks display could be seen from the garrison headquarters building.

After safely delivering Merkel, the pilots relocated their bird to the adjacent parking area to free-up the helipad, and Pauls-Polch escorted the crew to dinner. Meanwhile, the



**Chancellor Angela Merkel is greeted by USAG Garmisch's Deputy Manager Thomas Hays, HHC 1st Sgt. William McKee, and host nation liaison Andrea Winter. The German leader chose to use the garrison's helipad for her visit, Feb. 7, to attend the opening ceremonies of the FIS 2011 World Ski Championship.**

chancellor made a more public entrance to the hotel than originally planned. The lobby was busier than

usual, packed with hotel guests and community members queued-up for an autograph signing session with

the U.S. ski team. Once recognized, Merkel received a welcoming round of applause from the hundreds of Americans present.

Members of the ski team, treated like rock stars moments earlier, waited outside with their own cameras to take a photo of Merkel when she departed for the ceremonies. The team also then hurried off to the stadium to represent the United States.

While Merkel was participating in the festivities across town and her helicopter crew dined, the garrison directorates conducted an abbreviated Emergency Operations Center drill to incorporate new National Incident Management System procedures. The drill lasted until shortly after the chancellor’s helicopter and ground units departed post.

“Chancellor Merkel’s brief visit to USAG Garmisch and the Edelweiss Lodge and Resort went very smoothly last night,” said Hays afterward. “I want to extend my personal thanks and appreciation to all who participated in any way to this event. I believe it shows how well each and every one of you has prepared yourselves to do your jobs with coolness, skill, and professionalism.

“Yes, that is what is expected of us, but you all did it so well.”

USAG Garmisch receives emergency services year-round from the local host nation providers, and the garrison is reciprocating by supporting Garmisch-Partenkirchen during the massive influx of guests. In any emergency incident, the garrison would do the utmost by both treaty and mutual respect to cooperate with any official requests. In addition to the chancellor’s use of the helipad, garrison facilities are committed to assisting local emergency services on an as-needed basis during the championships.

The motorcycle safety range on Artillery Kaserne, normally unused during winter, is closed off to be used as a medevac staging area for helicopters; two years ago an ADAC helicopter with a doctor aboard made a spontaneous medical emergency landing in response to a call. The indoor basketball court at Mueller Fitness Center on Sheridan Kaserne is covered and stands supplied and ready to be used as a triage area, and the Alpentel Golf Course parking lot is being used as a staging area for the Polizei.

## DXM can be dangerous

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according to a person’s body size and genetic makeup but in general, at 100 to 200 mg, DXM is a mild stimulant. As the doses increase, users can experience euphoria, hallucinations and loss of motor control. However, many people will experience only extreme nausea and vomiting, causing serious injury and in some cases paralysis or death, according to the National Drug Education Council.

“We have had many students come forward to our counselors with concerns of their friends with the use and abuse of these meds,” said Werner. “We know there is a problem in today’s world ... and our student leaders are working with our counselors in an ongoing education effort.”

Vilseck High School has instituted a vigorous education program that raises students’ awareness to mitigate dangers of abusing over-the-counter medications.

However, this mitigation has extended beyond the doors of the high school.

Numerous community organizations including Army Community Service, Bavaria Medical Department Activity, and the Directorate of Emergency Services, have com-

bined resources and created the Health Promotion Council’s Youth Well-Being Working Group to address the concern and proactive measure on the health of community youths.

Col. Vann Smiley, commander, USAG Grafenwoehr, said the purpose of the group is to ensure the community is moving forward in a synchronized fashion to curb this problem and to identify any gaps.

Additional organizations involved include the Defense Commissary Agency and The Exchange, which combined carry more than 100 products containing DXM. Both organizations have responded to concerns regarding availability of the medicine by making it unattainable for anyone under the age of 18. Additionally, medications have been placed behind counters to deter shoplifting.

While the issue of abuse is not confined to the Grafenwoehr area, it is occurring within many military communities; one factor could be the stress that longer and more frequent deployments are placing on families. These children have an added stressor with the geographical distance from one parent and a change in roles and family dy-

namics within the home during these deployments.

In response, the Adolescent Substance Abuse Counseling Service (ASACS), a military outreach program aimed at youth ages 12-18, is currently providing counseling and treatment, as well as prevention education regarding substance abuse to at-risk adolescents.

“Our goal is to create an informed community,” said Nancy Nolin, a clinical supervisor for the organization. “Through educating both students and parents on the physical, mental and academic risk factors of abusing DXM, we arm them to make informed choices when faced with the decision to use.”

But talking to students isn’t always enough, Nolin said.

“It is our role as ASACS counselors to teach youth valuable life skills so that they are better equipped to cope with anger, anxiety and peer pressure,” she said, adding that children with a positive self-image are less likely to abuse drugs.

“Military children are constantly moving through a continuum of change. The key is prevention,” she said. “It’s an ongoing process and a community effort.”



**Family member Robin Mims demonstrates a Side Crow pose during the Yoga 360° training course.**

## Yoga builds strength

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strength, develop muscle and flexibility,” said Caban-Acosta. “Plus, it brings in that meditation that allows you to encompass mindfulness — to slow down and look inside yourself. It’s a different approach than what we as Soldiers are used to, but it’s a welcomed change.”

Caban-Acosta plans to teach a yoga course to his Soldiers as part of their physical training, although he admitted he would most likely omit the Sanskrit name of many yoga poses to make it more “Army strong.”

However, whether the instructors say “Ut-tan-a-sa-na” or “bend forward, touch your toes,” the benefits remain the same.

### Soldier 360°

**Unique to the Grafenwoehr military community, the Soldier 360° course is a two-week comprehensive multidisciplinary military leaders’ health and wellness course targeting senior noncommissioned officers who’ve had combat exposure. Pooling resources from throughout the community, the course provides Soldier-leaders and their spouses with information and tools to improve their personal health and to bring back to use within their units. For more information, contact Col. Mary Lopez at [mary.lopez1@us.army.mil](mailto:mary.lopez1@us.army.mil).**

## E10 fuel will be the norm by March

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if 10 percent ethanol gasoline is safe to use in their car. Additional E10 information is available [www.adac.de](http://www.adac.de), under the “Info, Test and Rat” tab. For example, with the exception of 2004-2006 Ford Mondeo SCi, all Ford automobiles can take E10 gas.

When in doubt, drivers should consult their user’s manual or contact their dealer check prior to pumping E10 gas. Both Exchange and ESSO gas stations in Germany will clearly label their pumps dispensing E10 fuel.

All Exchange gas stations in Germany plan to offer Super E10 starting this month and most will continue to offer E5 gasoline in the grades of Super and Super Plus where possible. The Exchange price for Super E10 will be based on the current weekly U.S. Department of Energy average price of regular fuel, plus incremental costs associated with providing gasoline overseas.

## Success is result of teamwork

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such a successful program.”

With more than 42,000 Soldiers, families and civilian working and living in the footprint, the Grafenwoehr military community continues to build an infrastructure which demonstrates its commitment to the environment.

“This recognition is representative of what makes so many things in this command so outstanding — stewardship and partnership,” said Brig. Gen. Steven L. Salazar, commanding general of the Joint Multinational Training Command. “Just like we take our responsibility to train Soldiers and care for Army families seriously, so, too, are we committed to being good stewards of the generous, highly complex, yet fragile environmental resources here.

“And like what makes our training uniquely world class — our multinational training — our partnership with the Federal Forestry is unmatched and invaluable. Our partnership to be good stewards of our environment is a big part of what makes it great to be at Graf!”

In addition to the command, Rieck and his team have been getting consistent “renewable” support from community members like Elfriede Kean, host nation teacher for Grafenwoehr El-

ementary School. Kean, who just finished her 29<sup>th</sup> year at the school this month, began in the early 1980s by coordinating with Rieck to conduct weekend trash clean-ups and sorting recyclables with her students and their parents. Now, she incorporates this respect for the environment into the curriculum, which is taught to more than 300 students in grades kindergarten through fifth each year.

Kean stresses a respect for the environment in her students but also makes these lessons fun. She’s currently growing a few orchids and an orange tree in her classroom to give her students more intimate exposure to Mother Nature. “The kids are just ‘Wow! I didn’t know all of this!’ I try to instill that excitement about the environment into the curriculum. It makes it easy to learn.”

According to Rieck, having a consistent staff allows the organization to become more familiar with the training area and develop strong relationships with the host nation.

“The key is a team-centric approach,” Rieck said.

Members of Rieck’s team, like Caecilia Meier, an environmental protection specialist, agreed.

“Everybody contributes and our boss is open to new ideas,” Meier said.

In addition to Rieck, Kean and Meier, team members include branch chiefs Stefan Haertl (nature and soil conservation) and Elisabeth Prem (pollution prevention), as well as Silke Bornemann, Wolfgang Fischer, Herbert Salavs, Margit Ranz, Albert Amberger, Elke Birner, Christian Henle, Philipp Kirsch, Christine Fremuth and Sabine Poerschke. Willi Zinnbauer and Helmut Bueller (Operations and Maintenance Branch) were rewarded for their commendable recycling program, Michael Donahue (Directorate of Logistics) for his hazardous materials management program; Evelyn Babl, (expert for nature conservation) from the local nature conservation authority of the County Office Neustadt/Waldnaab and Forstoberrat (forest official) Hubert Anton from the German Federal Forestry Grafenwoehr were included in the award nomination for their excellent cooperation in the Garrison environmental program.

Grafenwoehr’s Environmental Division will be officially recognized for the award at the Association of the U.S. Army Conference in San Antonio, Texas, in April.

The team will represent the Army as it competes with other military services for the Secretary of Defense Award for the best environmental program. The results are expected in June.

### Award-winning practices

- Consistent realization of compensating measures for projects completed under the Efficient Basing–Grafenwoehr program
- Excellent cooperation with German authorities in conservation (German Federal Forestry Grafenwoehr and the County Office Neustadt/Waldnaab)
- Establishment of an Environmental Management System fully meeting the international standard ISO 14001
- Reduction of hazardous waste
- An exemplary recycling program
- Conducting a comprehensive training and environmental awareness program
- Overall protection measures for natural resources like ground, soil and surface water in accordance with training requirements
- Completion of nature protection measures by military units
- Exchange of experience with representatives from armed forces on an international level (Armed forces from Germany, Tanzania, South Africa, Bulgaria, Albania and Georgia)
- Excellent command support for the environmental program.